



WEEKLY NEWSLETTER

Headteacher: Mrs Ransley 01303 275967 www.allsouls.kent.sch.uk

Mrs Warburton's Corner

Following a recent questionnaire with parents from over 450 schools in Kent to identify support with health and development, health needs (both physical and emotional), I would like to share with you the following links on the key themes that parents/carers have asked for extra support and information on:

For parents: smoking, alcohol, diet [Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters. [One You Kent | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - Whether you want to lose weight, get active, quit smoking, or just feel better about life One You Kent is here to support YOU.

Oral health [Oral health promotion resources | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - Here you will find some oral health promotion resources that are useful for parents, adults with special needs and their carers, and professionals. Dental services - NHS (www.nhs.uk) - Information about NHS dental services, how to find an NHS dentist and how much treatment costs.

Continence Home - ERIC Find out how you can keep your child's bowel and bladder working properly from birth. Clinically approved information and resources to help you and your child.

Immunisations [Immunisation Team | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - The NHS has a guide to help you understand the vaccines offered in the UK and when to have them. It also explains how they work and why they're safe and important.

Sleep [Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](http://gosh.nhs.uk)

Here you will find an information sheet from Great Ormond Street Hospital (GOSH) explaining about sleep hygiene. Having good sleep hygiene can help your child both to settle to sleep and to stay asleep. [Sleep problems in young children - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Lots of young children find it difficult to settle down to sleep and will wake up during the night. For some people, this might not be a problem. But if you or your child are suffering from a lack of sleep, there are some simple techniques you can try.

Time to reflect

We are continuing to look at the Life of Jesus and this week we have talked about Jesus' Baptism. We spoke about how saying sorry and forgetting things we may have done wrong, helps us to start a fresh every day.



Stars of the week!

Class	Reader	Writer	Mathematician
Ladybirds 	Octavia	Isla	Eidrak
Bumblebees 	Ralphie	Teddy	Ava
Caterpillars 	Emmie	Thomas	Freddie
Dolphins 	Lacey	Alice	Jax
Sharks 	Dannie-Marie	Toby	Eden
Stingrays 	Emma	Nina	Myla
Turtles 	Avalon	Ava W	Olivia
Orcas 	Zoe	Ivy	Salathiel
Penguins 	Ellie G	Simona	Wilf



If the children have any achievements outside school they would like to share, we would love to hear about them! Please let the school office know and we can include it in the newsletter.



Language in and Around the School Grounds

There have been complaints this week that some adults collecting children from school are using inappropriate language in and around the school grounds. Please can we ask that adults be mindful about the words being used.

Additional Bank Holiday

Please note that, due to the King's Coronation, **Monday 8th May** will now be a bank holiday so the children will not be at school. **Monday 29th May** is also a bank holiday.